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II.

GERMANY.—RECENT PUBLICATIONS IN THE DOMAIN
OF PATHOLOGICAL PSYCHOLOGY.

The science of anthropology claims, as we know, to have discovered, that the various epochs of history are marked not only by characteristic religious, political, social, and literary conditions, but not unfrequently also by particular forms of disease; and it is the opinion of eminent medical authorities that nervous and mental diseases constitute the “pathological feature” of modern civilisation. This, of course, is not to be understood as meaning that diseases of this character have not appeared in previous epochs, but simply that they occur with unusual frequency at the present day and in unusually grave forms.

A book treating of the affliction of the age ought to count on a large circle of readers, and it will be all the more deserving of such if it thoroughly and skilfully fulfils its purpose of holding up the mirror to the time and of imparting the light and advice required in this matter. This has been done in an excellent manner by the work of the Bremen alienist Dr. SCHOLZ, entitled *Die Diätetik des Geistes—Ein Führer zu praktischer Lebensweisheit*, which has just appeared in its second and enlarged edition, Leipsic, E. H. Mayer. This book is distinguished from the majority of similar recent publications intended for a greater public by its relative thoroughness. It must be characterised as thorough and comprehensive, also, in comparison with the older and more celebrated work, which its title at once suggests, FEUCHTERSLEBEN'S *Diätetik der Seele*. The character of the book is not “purely psychological,” overlooking the high importance of the influence of the body, as was the case with Beneke; nor does it lean towards the moralising of a Heinroth and Ideler; nor does the author treat his subject from an exclusively medical point of view: the work, in fact, is anthropological in character. Its contents possess chiefly in two respects great interest: (1) from a universal human point of view, in that it affords us a

glance into the awful abysses of life, in the company of an expert guide who tells us how these depths are to be avoided, or at least gives consolation to those whose way leads necessarily through them ; and (2) from a pedagogical point of view, in that it directs attention to the heredity of the morbid constitutions and abnormalities that oppose obstacles to education or may become such if improperly treated.

It is obvious that morbid mental dispositions must be taken into account in all work of education and instruction, if we wish to avoid an egregious violation of the universally recognised requirement to regard individuality. And from this point of view the book of Dr. Scholz will awaken in readers who have anything to do at all with education, the desire to learn more about the nature of morbid mental life in the young than is presented in this treatise destined for a large public.

Such a wish would have had to remain unsatisfied six years ago, when the *Diätetik des Geistes* first appeared. It is true, English physicians particularly, like West, Conolly, Maudsley, and others, had a long time previously directed attention to the morbid phenomena of infant psychic life, but their work, like that of their French and German professional associates, lies buried in medical magazines and volumes not easily accessible. The first to apply himself to the work needed in this condition of affairs was Professor EMMINGHAUS, who digested and collected all the material, thus supplied, in a compendious work bearing the title *Die psychischen Störungen des Kindesalters*, Tübingen, Laupp, 1887. The fact indeed is not to be left unrecognised that the book, in so far as it may be used by those who have not had a medical training, possesses two defects,—defects, however, for which the author cannot be censured. In the first place, it is intended for physicians only, and is therefore, on account of the many technical terms it uses, at times not uniformly intelligible. To the serious student, however, who possesses the previous psychological and physiological knowledge most indispensable, it presents no difficulties of too great magnitude. The second defect likewise springs from the purpose of the work. It consists in the fact that, excepting a few occasional references and

hints, the pedagogical aspect of the question is not considered. Pedagogists, here, are confronted with a problem which must be solved, and of which the solution will certainly not be a thankless task. The writer of these lines has approached one aspect of this question in a treatise of his entitled *Nervosität und Mädchenerziehung*, Wiesbaden, 1890, in the course of which study he has arrived at the conviction that an important factor is lacking in modern pedagogics and the training of teachers. This conviction he has put into words in another treatise, *Geistesstörungen in der Schule*, Wiesbaden, 1891, with what success it remains for the future to say.

Two years after the appearance of Emminghaus's work a translation was published in Germany of a French book of a similar character. *Der Irrsinn im Kindesalter*, by Dr. PAUL MOREAU, authorised edition by Dr. Demetrio Galatti, Stuttgart, 1889, Ferdinand Enke, publisher. Unfortunately, Moreau, as his own preface reveals, did not know, when he wrote his book, of the existence of the German work,—a circumstance that has not been without regrettable consequences. Taken in conjunction with the work of Emminghaus, however, Moreau's book possesses, on account of the numerous morbid cases it gives, a high value; although it cannot bear comparison with the former work in richness of material and familiarity with the literature of the subject, and much less so in the psychological treatment of the subject, where Emminghaus is incomparably subtler and more profound.

A treatise that is closely related, in point of subject-matter, on the one hand to the works of Emminghaus and Moreau, and on the other to the books of Preyer (*Die Seele des Kindes*) and Perez (*Les trois premières années de l'enfant* and *L'enfant de trois à sept ans*) on the development of children, has just been published by a Leipsic teacher under the title of *Die Periodicität in der Entwicklung der Kindesnatur, Neue Gesichtspunkte für Kinderforschung und Jugenderziehung*, by GUSTAV SIEGERT, Leipsic, 1891, R. Voigtländer. The author endeavors, in a very interesting manner we must admit, to show that, in the development of the child, lasting states in regular alternate succession occur of mental and physical buoyancy on the one hand and depression on the other, of moral exaltation, likewise,

and moral subsidence. The fundamental cause of this periodical alternation, of the general existence of which numerous proofs are adduced, is supposed to lie in the alternate strengthening and relaxation of the individual's forces of action, brought on by the expenditure and reproduction of energy; additional determinative causes, accelerative as well as retardatory, are found in intercourse with the world and with other human beings. We may call the former the individual and the latter the social cause of the phenomena of periodicity. In the application of his results to juvenile education the author arrives at some far-reaching propositions of reform, the consideration of which, however, we shall have to leave to the pedagogical press.

We shall have to preserve the same attitude with regard to a new work of the well-known Leipsic professor Dr. STRUMPELL—*Die pädagogische Pathologie oder die Lehre von den Fehlern der Kinder*, Leipsic, 1890, Verlag von Georg Böhme Nachfolger. We must refer here to this otherwise highly deserving book only in one respect, where we have occasion for censure. The author does not in his expositions sufficiently take account of the intimate connection between physical and mental phenomena, and the consequence of this is among other things that he excludes pathological mental conditions (the physical causes of which he is forced to admit) as a matter of principle from the pedagogic system and consigns them entirely into the charge of the physician. In our treatise mentioned we have explained why this is not allowable, as well as, in addition, what portion of duty devolves on the teacher in the consideration of these pathological mental conditions. Strumpell's mistake springs from the fact that he conceives with Herbart the essential object of education to be intellectual culture. Allowing that Herbart cannot be taken to task for entertaining this conception, we may yet demand of Strumpell the recognition of the results of recent physiological psychology to the extent at least of perceiving that psychical and physical phenomena are *one* if not the *same*. Even the opponents of Monism dare not overlook this truth,—a truth moreover that admits very well of reconciliation with the Herbartian pluralism to which Strumpell is devoted.

We might cite here numerous pathological conditions of mind that very plainly spring from physical causes and to which the instructor has to give attention just as much as the physician. Instead, however, of citing particular cases, we will refer to three little treatises that are in the highest degree instructive on this point, not only for teachers exclusively but also for all who have to do with children. Dr. MAXIMILIAN BRESGEN, specialist in diseases of the nose and throat at Frankfort on the Main, has published at the house of Leopold Voss in Hamburg (1890) a brochure entitled *Ueber die Bedeutung behinderter Nasenathmung nebst besonderer Berücksichtigung der daraus hervorgehenden Gedächtniss- und Geisteschwäche*. A treatise of like character is that of Dr. med. LENZ-MANN of Duisburg, entitled *Ueber den schädlichen Einfluss der behinderten Nasenathmung auf die körperliche und geistige Entwicklung des Kindes*, Bielefeld, 1890, Anders Verlag. Both treatises contain, among other things not to be considered here, instructive examples of the rise and disappearance of that morbid mental condition to which Hack first directed notice in Germany but which elsewhere became known through the researches of the Dutch physician Guye by the name of *Aprosesia nasalis*. The third treatise is by Dr. med. RALF WIECHMANN, specialist for nervous diseases at Brunswick, and bears the title *Eine sogenannte Veitstanzepidemie in Wildbad*, Leipsic, 1890, Verlag von Georg Thieme. By St. Vitus's dance (Ger. *Veits-tanz*) we understand the disease of which the well-known symptoms are involuntary muscular twitchings usually accompanied by severe or light psychical disturbances, known in medicine by the name of *chorea minor* and *chorea rhythmica*, and sometimes occurring in epidemics. At the school in Wildbad the number of the afflicted children rose in the course of time to twenty-six. Wiechmann expatiates at length in his book on the character of the contagion, and arrives through an exhaustive use of the existing literature on the subject at the result, that there was present in the individual children attacked substantially a physical predisposition, an unstable nervous system. As the first children attacked were not removed, the convulsive motions were seen and perceptually taken up by the other children, who were just approaching the period of puberty and labored under

hereditary predispositions. "Once these images had entered perceptually into the unstable brain, they became competent to operate as stimuli and to be translated into involuntary muscular motions.'

The conclusion of my letter may be taken up with the discussion of a treatise that deserves a somewhat more detailed consideration. The director of the Royal Württembergian State Insane Asylum at Zwiefalten, Dr. F. L. A. KOCH, who already possesses eminent repute in the domain of psychiatry, has just published the first part of a new work called *Die psychopathischen Minderwertigkeiten—Erste Abteilung: Einleitung, Die angeborenen andauernden psychopathischen Minderwertigkeiten*, Ravensburg, 1891, Verlag von Otto Maier. In this work the author extends the development of the ideas he some time previously outlined in his *Rudiments of Psychiatry*, second edition, 1889. In the expression "psychopathische Minderwertigkeiten" (psychopathical secondary factors) Koch embraces all those psychical irregularities, be they natural or acquired, affecting the life of the human personality, which though in the severest cases even not amounting to actual mental disorders, yet in the most favorable instances so affect the persons afflicted with them that they appear as lacking the full possession of mental normality and capacity. Primarily, of course, the treatise is intended for physicians, and the author counts on the gratitude of this profession in so far as he has undertaken to put in independent form the separate facts formerly scattered over the whole domain of psychiatry, to free them from other neuro- and psycho-pathological subjects, and to unite them into one special group of pathological states. But the author also counts on his book being used by the representatives of other professions, by pastors, tutors, teachers, jurists, sociologists, historians, and the like, and indeed with perfect justice.

The savers of souls, if they had mastered to a slight degree even the comprehension of the psychopathical secondary factors, would be astonished to see how many people there are in the case of whom medicine is more effective against "spiritual" vexations than pastoral advice, and that often such advice, being one-sided and starting from false assumptions, does harm only. They would see in the peculiarity of the religious needs and tribulations of many

a man a psychopathological abnormality ; they would come to understand how the otherwise unintelligible badness of many another has its source in a pathological basis : they would not regard and hail as absolutely good, moreover, many “good impulses” ;—all this they would find out if they had learned to note and comprehend what the import is of such persons being descended from neurotic ancestors, of their exhibiting palpable indications of degeneration, and having also perhaps insane, idiotic, whimsical, and epileptical brothers and sisters. They would furthermore perfectly comprehend, that in the case of people who are descended from healthy parents, but who from being in times past happy and joyful Christians are now struggling with distractions of soul, it were often better first to inquire after the state of their organs of digestion. And they would be able to deal quite differently from formerly with many a soul entrusted to their care, perhaps also more easily to conquer, or at least to endure, some secret burden of their own lives. The import of the book for the educator is easily inferrible from the remarks made. For the jurist, who has to deal with the problems of accountability and the administering of punishment, its importance is manifest. Sociology, too, the deeper it enters into its problems, will not be able to dispense with psychopathology, and in this field it is precisely the psychopathical secondary factors that eminently demand attention. In that which concerns its connection with history we need only mention the names of Lombroso, Emminghaus (*Allgemeine Psychopathologie*) and Möbius (*Rousseaus Krankheitsgeschichte*), to point out the importance of a work like that before us. We recommend it without reserve to all whom it touches.

Altenburg, July, 1891.

CHR. UFER.